

Module	Session	Description	Homework
 Foundation Level Coaching Skills	1. Introduction to Coaching 7 May	Personal introductions. Definitions and principles. Learning platform and course logistics.	
	2. Asking Powerful Questions 21 May	Operating from the client's frames of reference. Asking questions that generate creative thinking.	
	3. Structuring the Session 4 June	Introducing some of the most effective coaching models and supporting you to develop your own.	Module Quizzes and Reflective Journals
	4. Advanced Listening Skills 18 June	The humanistic approach to coaching rooted in empathy, authenticity and acceptance.	
	5. Coaching in Organisations 2 July	Finding leverage in complex systems. Small actions that create meaningful, lasting change.	
	6. Coaching in the Moment 16 July	Coaching in the moment. Using coaching skills as a predominant style of leadership.	
 Recorded Session Exercise			
 Practitioner Level Coaching Skills	7. Positive Psychology 3 September	Focusing on strengths, generating positive emotions, intrinsic motivation and more.	
	8. Relational Challenge 17 September	Coaching involves both empathy and rigour. A relational approach to challenge.	30 hrs one-to-one coaching practice
	9. Interpersonal Dynamics 10 October	Transactional Analysis for coaches. A 'theory of relating' that will empower your practice.	
	10. Neurodiversity Awareness 15 October	Understanding neurodivergent experience. Spoon theory, masking costs, and practical tools.	
	11. Contracting in Depth 29 October	A deeper dive into multi-stakeholder contracting, regular re-contracting and managing endings.	
	12. Practicing Professionally 12 November	CPD, supervision, reflective practice, ethics, record keeping, re-accreditation and more.	

All tasks complete by 30 November



One to One



Recorded Session & Feedback



Self assessment